set it and forget it

The Advantages of **Automatic Saving and Investing**

- Puts long-term wealth building on autopilot.
- Invested money grows through **compounding** — your money begins to work for you!
- Provides **dollar cost averaging** — when markets are down, you get to buy stocks “on sale.”

**Action Plan:** Set up an automatic contribution to your savings account through your payroll direct deposit and try to contribute at least 5% to your 401k or workplace retirement plan. Increase your automatic contributions as you get promotions to higher pay grades.

Before You Invest, [Investor.gov](https://investor.gov)